

# The Fort Huachuca Scout®



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Common task training  
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Photo by Spc. Creighton Holub

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# Soldier, behave thyself!

BY SPC. SUSAN REDWINE  
SCOUT STAFF

People join the Army for a variety of reasons, from pure patriotism to money for college. Soldiers also tend to join when they're still pretty young. Occasionally, the intoxication of youth can inhibit a Soldier's good judgment and get him or her into trouble.

I recently read about an incident where a Soldier was demoted for her involvement in a mud wrestling incident overseas.

Mud wrestling. Sounds fun, I guess ... for you young whipper-snappers.

I was lucky enough to have gone to college (for too many years) prior to joining the military, and yes, I could tell you some stories of wild nights and the type of behavior that you don't tell mom about. (I'm not saying that I actually participated in it, just that I know about it ... ahem ...) But that's all behind me

now, and mud wrestling doesn't sound as interesting as it once might have.

The Army was lucky when they let me in; it inherited a mature Soldier with little desire to wreck myself in weekend debauchery, as well as someone whose knees don't always appreciate a 2-mile run. Instead, I now sit alone in my room at night reading the news, watching movies and reminiscing about the "Good Old Days."

Perhaps it sounds geriatric, (and is actually a bit of self-effacing hyperbole), but my point is that I was lucky to have gone through the experimental years of youth before joining the Army. Those of you who joined right after high school, whatever your motivation was, have to endure this time under the strict guidelines of the Army. And I don't mean that in the sense of Soldier discipline during the duty day. Rather, when you take your Oath of Enlistment or even if you're commissioned as a young officer fresh

from college parties, you've made a commitment to participate in something larger than yourself.

Being a Soldier, as is often said, is a 24-hour-a-day job. When you're off duty, it's important to remember who you represent and what you stand for, even if you're in civilian clothes and not immediately recognizable as an American Soldier.

We are professionals, and live by a different set of rules, a higher standard than our civilian counterparts. When you're young and "indestructible," it's not always easy to remember that. It's also not easy to maintain bearing and discipline at all times. But that's what you signed on for, whether you like it or not.

It's a tough choice that some Soldiers have made, joining while still so young. It forces you to display a level of maturity I'm sure I wasn't capable of 10 years ago. As a Soldier, people look up to you

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## From the editor

The Scout received a handwritten letter from a local resident the other day who wanted to thank a pair of soldiers for helping her out.

"A heartfelt thank you to Michael Greene and Artrelle Blakely who so kindly came to my 'rescue' last Saturday when my front tire went completely flat at a service station on Fry Blvd.

With no hesitation they changed my tire and refused any offer of payment for their service.

Again I say thank you to these helpful, kind and well-mannered young servicemen. The Army should be very proud to have them as members. They set an excellent example."

MURIANDEMELLO

## Scout On The Street — Why is it important to celebrate Black History Month?



SGT. 1ST CLASS ARMANDO  
VIERA  
EQUAL OPPORTUNITY ADVISOR



SGT. 1ST CLASS JUDITH  
SISTRUNK  
EQUAL OPPORTUNITY ADVISOR



PFC. IVY ANTONIO  
306TH MILITARY INTELLIGENCE  
BATTALION



SPC. ARCHIE MEADORS  
COMPANY A 40TH SIGNAL  
BATTALION

*Celebrating Black History is for cultural acceptance and diversity of Fort Huachuca and not just for regulatory requirements.*

*So other cultures will be able to understand who we are as Black people and what we have been through to get where we are today.*

*Because it is a vital part of United States history. It makes the U.S.A. what it is today.*

*It is important because our children need to learn where they came from.*

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# ACS aims to ease your stress

BY SPC. JOY PARIANTE  
SCOUT STAFF

Everybody has times where they feel frazzled and their brain is fried by day's end. Many people go home, relax and prepare for the next day's adventures. Many American adults though rarely, if ever, get relief from the stress of the daily grind.

Stress is your body's reaction to a real or perceived threat. The body releases chemicals that trigger your "fight or flight" reflex. The chemicals released effect a person's physical, mental and emotional functioning.

This is a natural and often necessary reaction, making a person alert and ready to avoid danger. Still, 43 percent of adults suffer adverse health conditions from continuous stress. If the body doesn't have the opportunity to recover from the stress response, it goes into distress. Distress disturbs the body's balance causing physical maladies including headaches, upset stomach, elevated blood pressure and disturbed sleep patterns. Stress is linked to six of the leading causes of death: heart disease, cancer, lung diseases, accidents, cirrhosis of the liver and suicide. Studies show that 75 to 90 percent of doctor's office visits are for stress related is-

sues.

Many people choose to relieve stress with activities such as drinking, smoking and overeating. These habits in themselves lead to a number of medical issues. Behavioral and emotional changes can also occur, including low self-esteem, mood swings, anxiety and poor concentration.

"Stress can leave individuals more accident prone and less able to make a well informed decision," said Shellie Henderson, Family Advocacy Program Education Specialist, Army Community Services.

"People experience stress when they have change in their lives," Henderson said. "The military lifestyle is full of changes from deployments, geographic isolation, relocation, and change in employment for the Soldiers and their spouses. Therefore, the role of the military is inherently stressful."

Fort Huachuca is taking strides to watch out for community members' health and well being with ACS hosting a class on stress management. "The goal [of the class] is to get individuals to identify their own needs and select appropriate techniques for controlling stress in their

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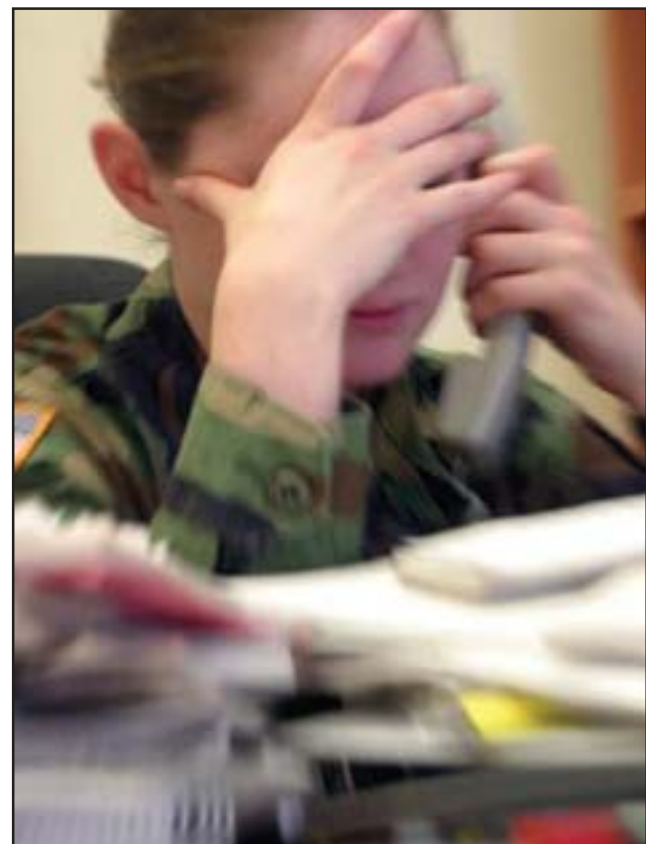


Photo by Elizabeth Davis

## 15-Passenger vans: NHTSA Safety advisory

In 2003, there were several tragic 15-passenger van rollover crashes involving religious groups on trips. The National Highway Traffic Safety Administration (NHTSA), the arm of the U.S. Department of Transportation responsible for keeping people safe on America's roadways, has reissued a cautionary warning specifically to alert users of 15-passenger vans. Under certain conditions, these vans exhibit a higher likelihood of rollover.

The safety agency previously issued these warnings in 2001 and 2002. The earlier warnings appear to be working as the number of fatalities, which peaked in 1999, has steadily declined in recent years. Fatalities in crashes involving 15-passenger vans have

dropped 16 percent through 2002, the most recent year for which data is available.

NHTSA is reissuing its warning again this year to notify organizations – particularly religious and youth groups or government users who may use these vans on trips – that the chance of rollover increases dramatically as the number of occupants increases. The agency's new research has shown that 15-passenger vans have a rollover risk that increases dramatically as the number of occupants increases to full capacity. In fact, 15-passenger vans with a full passenger load have a rollover rate in single vehicle crashes that is five times greater than a vehicle containing only a driver.

The analysis also shows that

the risk of rollover increases significantly at speeds over 50 miles per hour and on curved roads.

"It is vitally important that users of 15-passenger vans be aware of these risks," Dr. Jeffrey Runge, NHTSA's Administrator, said. "Thankfully, there are safety precautions that can be taken to significantly reduce the likelihood of a rollover and injury."

These precautions include:

- Require all occupants to use their seat belts or the appropriate child restraint. Nearly 80% of those who have died nationwide in 15-passenger vans were not buckled up. Wearing seat belts dramatically increases the chances of survival during a rollover crash.

- If possible, seat passengers and place any cargo forward of

the rear axle and avoid placing any loads on the roof. By doing so, you'll lower the vehicle's center of gravity and lower the chance of rollover.

- If your organization owns 15-passenger vans, check that the van's tires are properly inflated and the tread is not worn down at least once per month. Excessively worn or improperly inflated tires can lead to a loss-of-control situation and a rollover.

- Use caution on both interstates and rural roads to avoid running off the road. If your van's wheels should drift off the roadway, gradually slow down and steer back onto the road when safe to do so. Most 15-passenger van rollovers occur at high speeds as a result of a sudden

steering maneuver such as an overcorrection.

- As a driver, ensure you are well rested and alert. Always maintain a safe speed for weather and road conditions. The agency recommends that only trained and experienced drivers should operate 15-passenger vans.

For more information, including copies of safety flyers and vehicle hangtags and the new NHTSA analysis, please visit the agency's Web site at: [www.safercar.gov](http://www.safercar.gov). Hangtags can be ordered at no cost by directly contacting NHTSA's Auto Safety Hotline at 888-327-4236.

(Editor's note: This article was provided courtesy of the National Highway Traffic Safety Administration.)



Photo by Spc. Bob Redwine

**Frank Kokai installs an informational computer system at the post cemetery last week.**

## Cemetery gets electronic info booth

BY SPC.  
SUSAN REDWINE  
SCOUT STAFF

Old cemeteries can be mysterious places. Tombstones offer only the barest hints to the lives buried in the ground below them. Faded letters obscure great deeds and worthwhile events.

The post cemetery became a little less myste-

rious last week when a high-tech information kiosk was installed there. The device – which resembles an automatic teller machine – dispenses information on cemetery occupants at the push of a button.

The kiosk was built a little more than a month ago and had just been waiting for the stainless steel, touch-screen com-

puter interface to be installed.

Computer systems like this have been installed at various veterans' cemeteries around the country, allowing visitors rapid access to important cemetery information.

"Everybody that I've talked to so far says it's the best thing the VA ever did because it will answer

all the questions that you usually have to find someone to answer," said Frank Kokai, who installed the computer system at the post cemetery last week.

Kokai said he's installed about 60 such systems and is the only employee who does such installations at the only

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# 400 plus attend National Prayer Breakfast on post

BY AMANDA KEITH  
SCOUT STAFF

"God doesn't want us to compromise."

Christians are facing a litany of challenges refined. Retired Lt. Gen. Alonzo E. Short told the 400 people attending the National Prayer Breakfast here last Thursday. These include atheism, greed, pornography, elimination of prayer in schools, witchcraft and prostitution.

"God wants us...to move forward in victory," he told his audience.

Short then spoke about the Boy Scouts of America "who have been standing against allowing homosexuals to run their organizations."

Short's hour-long speech ended with a plea for wisdom in troubled times.

"We all must make wise choices between good and evil, love and hate, right and wrong," he said, "and be ever mindful that history is

replete with the records of nations and individuals who chose the self-defeating path of sin and hate and wrongdoing."

"It [Short's speech] was very inspirational, as well as a challenging work to our nation," said Carolyn Tumpkin, one of the attendants for the breakfast. "I was touched by the faith of General Short."

The general also talked about America's relationship with God.

"God has smiled on our country," he said. "The final hope for America is not just in her military might, her natural resources, but it is in God's people, Christians... throughout the military who allow themselves to be channels through which he can heal our land."

Short also spoke about his fellow Soldiers, saying "the greatness of the United States of America is due in large part to the courageous accomplishments, dedication and sacrifice of her men and women in uniform." He

reminded his listeners, Soldiers and civilians, about Jesus' commandments: love God and love thy neighbor as yourself.

After an introduction by Maj. Gen. Barbara Fast, senior intelligence officer, Short began his speech with a retelling of how he became a Christian in 1974; after a tour in Vietnam. At the time, he returned home to discover his wife and his children to be Christians making him "the odd man out."

At his wife's urging, he said, he rejected the sins in his life and embraced the godly path.

"[God] helped me get rid of a number of very, very debilitating sins in my life," Short said.

Following his speech, the retired general officer was presented with a Buffalo Soldier statue.

Short's military career spanned 32 years and took him through two tours in Vietnam, a stint as the executive officer of a Signal Battalion in Europe, and a stint as the



Photo by Elizabeth Davie

**More than 400 people attend the National Prayer Breakfast Feb. 10 at the Thunder Mountain Activity Centre.**

executive officer and battalion commander of Battalion S-3 in Okinawa. He was awarded the Distinguished Service Medal, Legion of Merit, the Bronze Star Medal with Oak Leaf Cluster, and the Meritorious Service Medal with Oak Leaf Cluster.

Short retired in 1994. He then served as the president and chief executive officer of Mica Systems, Inc. until 1997. After that he became the vice president of Department of Defense Information Services for Lockheed Martin, Information Support Services. Presently, he is the president and chief operating officer of Hous-

ton Associates, Inc. He is also the chairman of the Promise Keepers.

Short and his wife, Rosalin, have two children and seven grandchildren.

The prayer breakfast also offered some prayers for non-Christian believers. Capt. Tina Street delivered a Jewish prayer for the nation; Bud Toepfer delivered a Buddhist prayer for America and Marc Hill delivered an Islamic prayer for the United States.

Several local groups also performed at the breakfast, including the Kino Chapel Gospel Choir, and a contemporary praise team.

## Army rights wrong to first African-American chaplain

BY ERIC CRAMER  
ARMY NEWS SERVICE

More than 100 years after the court-martial of Chaplain Capt. Henry Vinton Plummer, the Army redressed a wrong and issued an honorable discharge to the first African-American to be commissioned a chaplain in the Army.

Maj. Gen. David H. Hicks, U.S. Army chief of chaplains, said it was



Chaplain Capt. Henry Vinton Plummer

time the Army corrected its error.

"I am personally gratified that the Army Board for the Correction of Military Records, after 114 years, has restored Chaplain Capt. Henry Plummer to his rightful and deserved place in the history of the United States Army Chaplaincy," Hicks said. "This action makes me proud of the Army in its willingness to right former injustice by granting his honorable discharge in recognition of his many years of selfless service, both before and after 1894."

Hicks said Plummer was a historic figure in the Army, "I am especially proud of Chaplain Plummer's service to our Soldiers on America's frontier as our first commissioned black chaplain, and whose heritage I share. I extend my congratulations and gratitude to Chaplain Plummer's descendants who brought this case to the Army's attention."

Plummer's military career actually began 30 years before the events that led to his dismissal from service. Born a slave in Prince George's County, Maryland, in 1844, he joined the United States Navy in 1864, during the Civil War, serving as a sailor aboard the USS Coeur de Lion.

Upon leaving the Navy at the end of the war, Plummer taught himself to read

and write, and attended the Wayland Seminary, where he became a Baptist minister. He served as pastor of several churches in the District of Columbia before accepting a commission as an Army chaplain in 1884.

He served with the 9th Cavalry Regiment, the famous Buffalo Soldiers, as a chaplain for 10 years before he was dismissed from service.

"Plummer was an American pioneer," said U.S. Army spokesman Dov Schwartz. "His actions were selfless."

Plummer was responsible for the pastoral care of the regiment's troopers and for the education of the troopers and their families, as many had not had prior schooling.

Plummer was dismissed from service in 1894 after facing a court-martial on the grounds of conduct unbecoming an officer. A dismissal for an officer is the equivalent of a dishonorable discharge for an enlisted Soldier.

The facts of his case are largely undisputed, said Schwartz. In 1894, Plummer, who was serving as the chaplain for the 9th Cavalry Regiment, joined the regiment's sergeant major and two other non-commissioned officers to celebrate a sergeant's promotion. There was general agreement that Plummer

and the non-commissioned officers toasted the promotion with alcohol and that Plummer had an altercation with a noncommissioned officer.

In the resulting court-martial, all witnesses agreed that Plummer had consumed alcohol with enlisted troopers and had provided enlisted troopers with alcohol, both activities considered offenses as conduct unbecoming an officer under the Articles of War in use at the time. President Grover Cleveland approved Plummer's dismissal in November of 1894.

Plummer requested that his commission be reinstated several times, volunteering for service in combat during the Spanish-American War in 1898, and to serve in the Philippines following that war. His requests were denied.

Schwartz said Plummer faced discrimination because he was the only African-American officer in the regiment. In the military tradition of the period, officers of European ancestry commanded African-Americans.

In 2004, Plummer's great-grand nephew requested that the Army review his ancestor's case, asking that the records of the Army be corrected to show the court-martial was overturned

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# Sister services prep for Huachuca boxing

BY SPC. CREIGHTON HOLUB  
FORT HUACHUCA SCOUT STAFF

Thirty-four boxers are scheduled to convene at Barnes Field House for the Armed Forces Boxing Championships this week. Fort Huachuca is scheduled to host the boxing event for the fourth time since 1992.

This year's event will begin at 7 p.m. both Thursday and Saturday.

The Army won last year's military-wide boxing competition at Camp Lejeune, N.C., with the Air Force taking silver, followed by the Marines and the Navy.

This year three local fighters headline the women's division competition as Spc. Christina Boilard, Staff Sgt. Lilia Maxilom and Spc. Christina Brown are slated to battle here.

Four women and eight men will fight for the Army during the Armed Forces competition this week. The Soldier-boxers range in rank from private first class to first lieutenant.

The Marines are bringing a dozen boxers with three women and nine men on

their team. The Marines are bringing a female fighter all the way from Okinawa, Japan to battle in the 125 pound weight class.

The smallest collection of fighters from any service is from the Navy. Tow petty officers (NCOs) represent America's sailing fleet.

The Air Force, the youngest branch of the military, showcases one female boxer and seven male fighters.



Photo by Elizabeth Davie

## 2005 Fort Huachuca AFAP Conference Training Schedule

*Note: Conference Volunteer Registrations will be provided at all training sessions.*

### Delegate Training (1.5 hour) – Must attend any one session:

| Date      | Time    | Place               |
|-----------|---------|---------------------|
| Today     | 6 p.m.  | Murr/Jackrabbit Rm. |
| Tuesday   | 6 p.m.  | Murr/Room 3         |
| Wednesday | 9 a.m.  | Murr/Jackrabbit Rm. |
| Feb. 24   | 10 a.m. | Murr/Jackrabbit Rm. |

### Teen Delegate Training (preferably w/Parent) (1.5 hour) – Must attend session:

|         |        |                     |
|---------|--------|---------------------|
| Feb. 24 | 6 p.m. | Murr/Jackrabbit Rm. |
|---------|--------|---------------------|

### SME Training (1 hour) – Must attend one session:

|           |                |                     |
|-----------|----------------|---------------------|
| Wednesday | 11 a.m. - noon | Murr/Jackrabbit Rm. |
| Feb. 24   | 1 - 2 p.m.     | Murr/Jackrabbit Rm. |

### Facilitator/Recorder Training:

Returning/Experienced Facilitators and Recorders:

|           |                           |                    |
|-----------|---------------------------|--------------------|
| Wednesday | 6 - 7 p.m.                | ACS Conference Rm. |
|           | New Facilitator Training: |                    |
| Wednesday | 8:30 a.m. - 2 p.m.        | ACS Conference Rm. |
|           | New Recorder Training:    |                    |
| Wednesday | 8:30 - 10:00 a.m.         | ACS Conference Rm. |
|           | Transcriber Training:     |                    |
| Feb. 24   | 9 - 10 a.m.               | ACS Conference Rm. |

# Lessons learned in Iraq, Afghanistan

BY CARMEN SLAYBAUGH  
ARMY NEWS SERVICE

With improvements to basic combat training, which began with a pilot program in April 2004, the Army is better preparing its greatest weapon in the fight against terrorism: the American Soldier.

"The bottom line is that we are changing. The significance, the benchmark right now, is based on the lessons learned coming back from Operations Enduring Freedom and Iraqi Freedom," said Col. Tom Hayden, U.S. Army Training Center and Fort Jackson deputy commanding officer.

"This is really a cultural change for us. You had the combat arms, the part of the Army that went into close combat to engage and kill the enemy. Now, after watching Iraq and Afghanistan, every Soldier has got to be prepared to be in close combat and kill the enemy," Hayden said.

It is tied to the realization every Soldier is a warrior, and the message the Army is now sending BCT Soldiers is more focused, Hayden said.

The changes to initial-entry training, the largest since World War II, are based largely on the year long "A-to-Z" task force headed by Col. James K. Greer Jr., 1st Armor Training Brigade commander at Fort Knox, Ky., Hayden said.

The drive started when Army Chief of Staff Gen.

Peter Schoomaker directed Task Force Soldier to examine IET almost two years ago.

Schoomaker's objective was to determine if IET was preparing Soldiers for combat, and Task Force Soldier was responsible for creating a true warrior mentality in the Army.

"It is about shaping how people think about their part, what their role is in this profession," said Hayden. "In the 'A-to-Z' task force, we found we have got to hone in on those skills that enhance the Soldiers' ability to do what we want them to do in combat."

"It really is a shifting paradigm, because, philosophically, you would prepare Soldiers in basic training and advanced individual training, and then they would go to their unit of assignment. The expectation was they would have a long train-up period before they went to a dangerous situation, whether it would be peacekeeping or combat operations in Iraq or Afghanistan. We don't have that much time now," he said.

Hayden said the transformation in training begins by teaching each Soldier he is first a warrior, always on patrol, always ready to engage and kill the enemy and that there is no rear or front line when it comes to the enemies of today.

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Photo by Carmen Slaybaugh

**Pvt. Melanie Allen, Co. C, 2nd Battalion, 13th Infantry Regiment, provides cover as her squad clears a building during a training exercise at the Urban Warfare Training site at Victory Forge.**



## Black History Month

# Fighting spirit, courage set example for others

Vernon Joseph Baker

Rank and organization: First Lieutenant, Company C, 370th Infantry Regiment, 92nd Infantry Division

Place and date: Near Viareggio, Italy, 5-6 April 1945

Citation: For extraordinary heroism in action on 5 and 6 April 1945, near Viareggio, Italy. Then Second Lieutenant Baker demonstrated outstanding courage and leadership in destroying enemy installations, personnel and equipment during his company's attack against a strongly entrenched enemy in mountainous terrain. When his company was stopped by the concentration of fire from several machine gun emplacements, he crawled to

one position and destroyed it, killing three Germans. Continuing forward, he attacked an enemy observation post and killed two occupants. With the aid of one of his men, Lieutenant Baker attacked two more machine gun nests, killing or wounding the four enemy soldiers occupying these positions. He then covered the evacuation of the wounded personnel of his company by occupying an exposed position and drawing the enemy's fire. On the following night Lieutenant Baker voluntarily led a battalion advance through enemy mine fields and heavy fire toward the division objective. Second Lieutenant Baker's fighting spirit and daring leadership were an inspiration to his men and exemplify the highest traditions of the Armed Forces.



# Troop construction nearing finish

BY SPC. JOY PARIANTE  
SCOUT STAFF

New accommodations for Fort Huachuca's military intelligence Soldiers in training are almost complete. The new structures will include a dining facility, a troop medical clinic, a new physical training area and temporary barracks with space for the 2,500 additional Soldiers training here this year.

An estimated \$14.6 million has been funded for the large scale project, with an additional \$3.5 million anticipated this fiscal year, said Heidi Broedel, acting director of the Directorate of Public Works.

Bedding for more than 1,000 Soldiers has already been completed and another

245 sleeping spaces are in the works, said Sgt. 1st Class Scott Blevins, brigade operations sergeant, 111th Military Intelligence Brigade, under which all the training units fall.

"They have all brand new furniture, dayrooms and they're closer to where they're going to school," he said. "The ones living down there now like it."

The schoolhouse will be welcoming 32 new classrooms for the influx of Soldiers and new instructor workspaces, Blevins said. The classrooms should be completed by the end of March.

The MI Soldiers outdoor classroom is being improved as well. To accommodate more Soldiers training at the same time, the human intelligence training site at Site Uniform will have a mir-

ror site across the road at Site Papa, Blevins said. Site Maverick will also undergo improvements for better training, he added.

The new PT course will be a quarter-mile track with combatives pits in the center of the track, Blevins said. The combatives pits will give the Soldiers a place to work on core warrior tasks such as urban operations, land navigation and movement under direct fire, Blevins said. The entire PT course is being designed to support the new precision PT program, he said.

Medical Activity Command is currently working on finding staffing for the TMC which should be completed in late March, Blevins said.

Another construction possibility is the

closing of Stein Road to allow for safe Soldier movement from the barracks to school and around the rest of Prosser Village. This project, however, has not been approved yet, Blevins said.

Both Blevins and Broedel said the construction projects in Prosser Village should not affect permanent party Soldier commutes. "We're doing good with avoiding construction delays," Blevins said.

However, people should be careful driving in the Prosser Village area, Broedel said. Not just because of work crews and construction, but because of the higher number of troops on Hunt Street.

"There will be more Soldiers on Hunt as we start moving north, so please watch the speed there," Blevins said.

BEHAVE, from Page 2

and respect you. You do things that most people do not have the courage or commitment to.

But that doesn't mean you can goof off when you think no one's looking. Respect is hard to earn, and harder to get back once you've lost it. People give you a lot of respect for having made the decision to become a Soldier in the first place. However, you have to maintain your respectability; it's not a freebie without expiration.

*(Editor's note: Spc. Redwine like to think of herself as being young at heart even though she has reached the ripe old age of 30.)*

## Officials clear container delivery system

BY 1STLT. BROOKE DAVIS

AIR FORCE FLIGHT TEST CENTER PUBLIC AFFAIRS

Eight back-to-back flights flown in eight days on a stretch C-130J Hercules tested it for the container delivery system's ability to carry about 40,000 pounds of bundled equipment.

The stretch C-130J is 15 feet longer than the C-130J and can drop more equipment.

The system is used in combat to deliver the "bacon and bullets" to warfighters in the field.

The testers' objective was to assess the damage rate to the released bundles to calculate how much extra equipment must be dropped so that warfighters on the ground receive the serviceable amount needed, said Michael Berard, the 418th

Flight Test Squadron C-130J program manager.

Testers rigged together 55-gallon drums of water to create the pallets weighing as much as 2,300 pounds. The pallets — including the rigging and parachutes — were evaluated for structural survivability after the drop, Mr. Berard said.

"During the drop, the pilot has to maintain the aircraft's pitch since (the system) uses gravity to extract the bundles from the aircraft," Major Dickson said. "It's critical to maintain a tight tolerance so the bundles don't bunch up and damage each other while the extraction occurs."

The pilot is now aware of the problem and can anticipate this movement, he said. The recent bundle drops evaluated the pilot's technique when overcoming the aircraft's pitch and how much variation can be allowed.



Photos by Spc. Joy Pariente

*Capt. Frances Hernandez assists Brittany Saffo, 10, with a math assignment.*



# Military experience helps Soldier shape futures

**BY SPC. JOY PARIANTE**  
SCOUT STAFF

Looking across a sea of raised hands and questioning gazes, Capt. Frances Hernandez does not look the least bit intimidated. She smiles upon the curious group; they are ready to learn and she is ready to teach.

Hernandez is actively molding eager minds as a student teacher in Priscilla Mendoza's fourth-grade class at Myer Elementary School. The student teaching stint is just one of many steps in the process of becoming a teacher. Hernandez is using the Army's tuition assistance program, which covers 100 percent of education costs for active duty Soldiers, to help fund her dream of teaching.

Hernandez, who has 21 years of service in the Army, is currently the deputy inspector general for the intelligence center. She's taking personal leave in conjunction with TDY to complete her nine weeks of student teaching. Upon her retirement, teaching will be her full time job.

Hernandez's parents, African Americans growing up in the 1920s, stressed the importance of education to their children. "I'm giving back to the community, back to society, by helping young children learn to their highest potential," she said. "It is important to make an investment in our futures."

Hernandez is bringing valuable experience to the classroom. "Military mem-

bers bring a well rounded perspective into the classroom," Hernandez said. "It is important for people with life experiences to teach to broaden to horizons of our future adults."

"Military veterans make awesome teachers because they're organized and disciplined and I can see that in her," Mendoza said of her protégé. Mendoza, a commander in the naval reserves, said teaching is very similar to being in a command position in the military. Managing troops and personnel, she said, is very similar to keeping children on task in the classroom.

"It's a different size body and they're in civilian clothes, but it's the same management aspects," she said. She said that she and



Hernandez need to instill cooperation and keep their class focused on the tasks at hand, just like Soldiers, in order to accomplish a mission. "There are standards they have to accomplish for their fourth-grade mission," Mendoza laughed.

But, the military leader/civilian educator similarities don't end there. Hernandez noted that her experience as an officer and as a non-commissioned officer gave her experience being in charge of training and teaching young minds. She said it helped her gain a comfort zone when presenting information in front of a group. It also made her aware of the different ways each person understands and learns.

As the company commander for Company A, 305th Military Intelligence Battalion, Hernandez was in charge of making sure the Soldiers in training were receiving the best training possible. She and her NCOs needed to draw out the shyer Soldiers and get them to participate.

"We needed to draw them in and get them involved," she explained. "We needed to get them used to expressing themselves and expressing their ideas to others." Hernandez said this applies to the classroom as well.

Hernandez's personal life also gives her experience to take into the classroom, especially a classroom on a military installation.

She has three children ages 5, 13 and 16. She said she's seen how Army life affects children in respect to constantly making changes and adjustments.

"Military members going into their profes-

sion have first-hand knowledge of the difficulties these children have that civilian children don't," Mendoza said. "These challenges include frequent moving and deploying parents. Frances has that knowledge first hand."

A military members' insight on these challenges can assist the teacher in helping the students adapt, cope and learn better, Hernandez said. She moved about the classroom confidently and comfortable, answering questions and keeping order.

"This job is super rewarding," Mendoza said. "You can see it in her face that she loves teaching."

"It is rewarding," Hernandez agreed. "When I'm teaching, and they're just so excited about learning and participating ... and I'm there to guide that learning."

Another route that military members can take to becoming teachers is the Department of Defense's Troops to Teachers Program.

The Troops to Teachers Program takes military personnel with six or more years of active service and a degree or vocational experience and helps them become teachers in areas suffering from teacher shortages. Spouses are also eligible through the Spouses to Teachers Program. More information can be found at [www.ProudToServeAgain.com](http://www.ProudToServeAgain.com) and [www.spousestoteachers.com](http://www.spousestoteachers.com).

"I encourage anyone with an interest in education to pursue it," Hernandez said. "Take stock in our future."



Range Closures

Thursday – AG, AL, AM, AR, AU, AX, T1A, T2 T3  
Friday –AG, AL, AM, AN, AU  
Saturday –AC, AD, AF, AL, AM, AN, AR, AU  
Sunday –AL, AN, AU, T2, T3  
Monday –AC, AD, AL, AN, AR, AU, AW, T2, T3  
Tuesday – AH, AI, AK, AL, AN, AR, AU, AW, T1, T1A, T2, T3  
Wednesday –AF, AG, AH, AK, AL, AM, AN, AO, AR, AS, AU, AW, T1, T1A, T2, T3

For more information on Range Closures, call Range Control at 533-7095. Closures subject to change.

January dinner meeting

The Coronado Chapter, Military Officers Association of America will hold their monthly dinner meeting for members, spouses and guests at Thunder Mountain Activity Centere today. No host cocktails from 6 p.m. – 7 p.m. and dinner following.

The meal will be 10oz Spiced and Grilled Pepper Top Sirloin with mushroom demi-glaze, baked potato, Prince Edward blend vegetables with beverages Tea, Coffee Etc.

The guest speaker will be Miss Linda Dailing, who will present a program of “Romantic Numbers” in keeping with Valentines Day. Linda is the owner of “Linda Dailings’ Traveling School of Music.”

She is in her 16th year as a music teacher at Meyers Elementary.

MOAA welcomes all active and retired commissioned and warrant officers of all United States Military Services as well as the Coast Guard and Public Health Service. You do not have to be a current MOAA member to attend.For more information, call Chapter Secretary CW3 (Ret) Joe Gill at 520/458-4099 or email [JoeGill1@cox.net](mailto:JoeGill1@cox.net)

Free fencing materials

The Fort Huachuca Housing Office has landscaping and fencing material available for free for Fort Huachuca housing residents interested in making improvements to their yard.

Some components for a fence such as posts and cement will be required to install the chain link fencing and will need to be purchased at the soldier’s expense. The supply of fencing materials is limited. For more information, call Tanga Lewis at 538-0168.

Registration Announcement

Wayland Baptist University will begin Spring Term registration on Feb. 2 at the Army Education Center and at our downtown campus at 1840 Paseo San Luis.

Registration lasts two and a half weeks, with classes beginning the week of Feb. 21.

WBU provides daytime, evening and online classes. Wayland offers Bachelor’s and Master’s degrees, as well as, Arizona Teacher Certification. For a free evaluation, call 459-6111.

Concerts

The 36<sup>th</sup> Army Band and Buena High School Band will be performing in a combined concert at 7 p.m., on Feb. 17 at the Buena Performing Arts Center.

The 36th Army Band will hold a concert at 3 p.m., on Feb. 27, at Oscar Yrun Community Center, “A celebration of African American Music.” For more information, call 533-3653.

Telephone directories

The new Cochise County telephone directories are available for pickup at the Official Mail and Distribution Center of the Directorate of Information Management, US Army Garrison.

The OMDC is located in the back of building 22408 at Christy Avenue and Butler Road. Operating hours are 7:30 a.m. – 4 p.m. The telephone directories are for USAG directorates and staff offices and partner activities. For more information, call Ms. Gayle Olson at 533-3932.

Memorial project

In honor of the upcoming 15th year anniversary of Operation Desert Shield-Storm, a tribute to fallen service members is being put together.

If you have a family member, friend or fallen comrade to whom you wish to pay tribute, please consider contributing to “Letters in the Sand.”

The success of this project will greatly depend on the kindness and generosity of the larger military community. For more information, e-mail Terrisa Karaus at [desertstormletters@yahoo.com](mailto:desertstormletters@yahoo.com) , or mail “Letters in the Sand”, post office box 485, Mt. Sterling, Ky., 40353.

New airline service

Great Lakes Airlines announces service to Sierra Vista. As of Mar. 1, Great Lakes will be providing scheduled passenger service at 34 airports in ten states with a fleet of Embraer EMB-120 Brasilia and Raytheon/Beech 1900D Regional Airliners.

A total of 162 weekday flights are scheduled at two hubs, with 156 flights at Denver and 6 flights at Phoenix. and Frontier Airlines at their Denver hub.

All scheduled flights are operated under the Great Lakes Airlines marketing identity in conjunction with code share agreements with United Airlines and Frontier Airlines at their Denver hub.

For more information, visit [www.greatlakesav.com](http://www.greatlakesav.com)

Chaplain’s Corner

Love your neighbor

CHAPLAIN (CPT) ANTHONY KAZARNOWICZ  
306TH MILITARY INTELLIGENCE BATTALION CHAPLAIN

We have all heard it said that we must love our neighbor as ourselves. We are also taught to place the needs of others ahead of our own.

However, in order to love God and our neighbor, we must take care of ourselves first. We must be physically, mentally, spiritually and morally healthy ourselves. Otherwise we will not be able to serve God and take care of our neighbor. This is not selfishness, but prudence. Persons who do not love themselves first will be prone to sickness, accidents, personal problems, a nervous breakdown and burnout.

Taking care of ourselves means avoiding bad habits, sin, alcohol abuse, illegal drugs and sex outside of marriage. It means spiritual reading, praying, studying and practicing virtue. It means exercising daily, eating healthy foods, getting fresh air, practicing safety, and getting enough rest and relaxation. If we neglect ourselves and get sick or have an accident or become overwhelmed with work and problems, we will be in no shape to help others. In fact, it is others who will have to take care of us. Our unit will be weakened because of our absence. If this should happen, however, do not despair. Learn from your mistakes.

Do whatever is necessary to get back to good health. Each of us in the military has a vital role to play. The success of our mission depends upon each of us doing our part. We must take care of ourselves first, before we can help others.

Protestant Sunday Services

|           |             |                  |
|-----------|-------------|------------------|
| 8 a.m.    | Episcopal   | Main Post Chapel |
| 9:20 a.m. | Gospel      | Kino Chapel      |
| 9:30 a.m. | Protestant  | Prosser Village  |
| 11 a.m.   | Cross Roads | Cochise Theater  |
| 11 a.m.   | Collective  | Main Post Chapel |
| 3:30 p.m. | ALPHA       | Prosser Village  |

Roman Catholic Worship

|                     |            |                  |
|---------------------|------------|------------------|
| Mon.-Fri. Mass      | 11:30 a.m. | Main Post Chapel |
| Saturday Confession | 4 p.m.     | Main Post Chapel |
| Saturday Mass       | 5 p.m.     | Main Post Chapel |
| Sunday Mass         | 9:30 a.m.  | Main Post Chapel |
| Sunday Mass         | 11:30 a.m. | Kino Chapel      |

Jewish Worship

|        |        |           |
|--------|--------|-----------|
| Friday | 7 p.m. | Main Post |
|--------|--------|-----------|

Catholic

|                                    |            |                 |
|------------------------------------|------------|-----------------|
| <u>Main Post Chapel</u>            |            |                 |
| CCD                                | Sunday     | 10:45 a.m.      |
| Adult Apologetics                  | Sunday     | 10:45 a.m.      |
| Adoration of the Blessed Sacrament | Friday     | 3 p.m. - 6 p.m. |
| Korean OCIA                        | Friday     | 7p.m.           |
| MCCW                               | 1st Friday | 7 p.m.          |

Protestant

|                            |          |           |
|----------------------------|----------|-----------|
| <u>Main Post Chapel</u>    |          |           |
| PWOC                       | Tuesday  | 9 a.m.    |
| Sunday School              | Sunday   | 9:30 a.m. |
| <u>Kino Chapel</u>         |          |           |
| Bible Study/Choir Practice | Thursday | 6 p.m.    |
| Men’s Choir Rehearsal      | Tuesday  | 7 p.m.    |

Muslim Prayer

|        |           |                  |
|--------|-----------|------------------|
| Friday | 11:30 p.m | Main Post Chapel |
|--------|-----------|------------------|

Buddhist Weekly Teaching

|         |           |                 |
|---------|-----------|-----------------|
| Tuesday | 6:30 p.m. | Prosser Village |
|---------|-----------|-----------------|

Orthodox Divine Liturgy

|        |         |                  |
|--------|---------|------------------|
| Sunday | 10 a.m. | Main Post Chapel |
|--------|---------|------------------|

Latter Day Saints Service

|        |        |                 |
|--------|--------|-----------------|
| Sunday | 1 p.m. | Prosser Village |
|--------|--------|-----------------|

Lent Services

|                       |                                  |                    |
|-----------------------|----------------------------------|--------------------|
| Stations of the Cross | Fridays in Lent 5 p.m.           | Main Post          |
| Poor Man’s Meal       | After the Stations of the Cross  | Main Post Activity |
| Poor Man’s Meal       | Wednesdays after 11:30 a.m. Mass | Main Post Activity |
| Lent Penance Service  | Mar. 7 7 p.m.                    | Main Post          |

Youth group activities

The Fort Huachuca Chapel Youth Groups continue to meet on Sunday nights at the Main Post Chapel. The Middle School meeting is from 4 p.m. - 5 p.m. The High School meetings are from 5:30 p.m. - 7 p.m. Join us for food, fun, friendship and faith. For more information, call Mike DeRienzo at 227-6059.



## WARRIOR, from Page 6

Hayden explained when Soldiers used to enlist, depending on the military-occupation specialty, he became a part of that job's "culture." Now, he said, "You are a Soldier first – a cook, an administrative clerk or truck driver second. That is a major shift.

"The physical manifestation of that, on the ground, is exposing (Soldiers) to a more rigorous training experience, which focuses more on those warrior skills than it does on (generic) Army skills," Hayden said.

The 40 warrior tasks and nine battle drills were developed as a result of work by the "A-to-Z" task force. These tasks were determined necessary to prepare Soldiers for combat and develop in them the Warrior Ethos necessary to win on today's battlefield.

Prior to that task force, only 16 of the 40 core warrior tasks and only three of nine core battle drills were parts of the BCT program of instruction.

Schoomaker decided it was essential the training begin during BCT.

"Two years ago, (BCT) Soldiers went out in the field to conduct field-training exercises for three days. Now they go out to the field for 11 days," Hayden said.

He said it was also decided it was

vital the Army change the context of how it trained.

"It used to be that everything was oriented to the woods. If you confront the enemy, the first thing is to seek cover and return fire. So cover looks like this – it's a big tree or a log on the ground or a rock," Hayden said.

"Well, in Iraq, there might not be any trees. Now we put some cars out there, some buildings. We want the Soldier to appreciate that cover can be many things. You will go out to a training area and you will see an urban environment," Hayden said.

Training is also given with integrating civilians or non-combatants on the battlefield.

"This differs from before in that the enemy was once more recognizable and more or less segregated. Typically, operations were conducted against pieces of terrain or against enemy formations. Today, in Iraq, there aren't really enemy formations to fight against," Hayden said.

Training for the Soldiers entering the Army today includes increased emphasis on convoy protection, improvised explosive device recognition, hostage situations, reaction to ambush while mounted and checkpoint duty.

"The Soldier has to be savvy enough because he is going to interact with civilians and non-combatants. Soldiers do checkpoints and guard duty. It is a guard, at a checkpoint, knowing how to work through a series of questions that will determine if people have the authority to move through these checkpoints," Hayden explained.

"We are also teaching Soldiers different techniques we know are useful in combat," he said, mentioning reflexive fire, urban operations and tactical questioning as examples.

"It's a specific skill we are teaching them. But it is also developing a mental attitude that you have to be prepared, you have to be quick. You can't be fumbling around, trying to figure out where the trigger is on your weapon if you expect to survive over there," Hayden said.

"More than anything, it is a mental preparation. In the process, it is exposing the Soldier to the reality that is part of what they are going to do. Over the course of the (BCT) cycle, you expose Soldiers to situations that force them to think."

"The key word is judgment," Hayden said. "Essentially, we are asking leaders and even young Soldiers to use their

judgment based on the situation they are faced with."

As an example, Hayden said, "In Iraq, citizens have the right to protest. If a formation is trying to move from Point A to Point B, the Soldiers have to be aware there are things you do that will cause more problems. There are things you do that will enable you to move though without causing a major international incident."

"You are now asking Soldiers to be prepared at all times. You are also asking them to do good things for the civilian population. They will go out at night searching for somebody, based on some intelligence. But during the day, they are going out to pass out food or build a school or paint a building. Psychologically, the Soldier is on a pretty healthy rollercoaster. We try to replicate some of that here.

"Every Soldier over there has the potential to be a hero. That is, ultimately, what we are doing here. We're saying you volunteered for this profession, it's a great profession. It's dangerous, hard. We are the best trainers in the world. Now, it is our job to prepare you for what's in the future for you," Hayden said.

## NCOs picked for Warrant Officer Candidate School

**BYS PC. CREIGHTON HOLUB**  
FORT HUACHUCA SCOUT STAFF

Five post noncommissioned officers are a step closer to wearing bars where their stripes are now.

Staff Sgt. Tiffany Bogus, 306th Military Intelligence Battalion; Sgt. 1st Class Jerad Emmons, 305th MI Bn.; Sgt. 1st Class David Green, NCO Academy; Staff Sgt. Michael Works, NCOA; and Sgt. Brian Swisegood, Headquarters and Headquarters Company, 111th MI Brigade; have been selected to attend the Warrant Officer Candidate School at Fort Rucker, Ala.

One of the Soldiers slated to attend the school wanted to be a warrant officer from the start.

"When I entered the service, I never intended to stay enlisted," Swisegood said.

The former general business manager enlisted when he was 32 years old. He made sergeant in four and a half years and is looking for the next stage of his career.

Swisegood is opening a new career field similar to how he opens doors for the post at the lock and key shop. His work center controls the locks and keys for everything from safes to the doors at every office building on post, except for the barracks. The barracks keys are maintained by the appropriate barracks managers.

Green maintains that the trend in his MOS is going from enlisted to the warrant officer.

"Going to the warrant officer corps for my MOS is like getting promoted to the next higher rank," Green said. "Becoming a warrant officer is the equivalent of moving up to the next level of manage-

ment. Which I believe it is something everyone must strive to do. I will never be satisfied being at a certain level until the top is reached."

Reaching the top is the goal for these competitive Soldiers. But, the officer lifestyle is an added perk for switching over.

"I wanted a better lifestyle for my family," Works said about the decision he made five months ago. "Promotions for my MOS are slowing down, and I don't want to wait to see E-7 (sergeant first class). So it seemed logical to try a different route to get promoted."

More information is available for in-



terested warrant officer applicants at goarmy.com and army.mil through the appropriate links, and recruiting posters around the post.



# Common task train

## SCOUT STAFF

The dreaded common task training testing. Most Soldiers haven't thoroughly studied their basic level Soldier skills since basic training and most haven't even thought of CTT since last year's testing.

### First Aid

**A**s a service to those ten-level Soldiers who are preparing to react to direct fire, save a life, navigate Fort Huachuca or service their M-16, the Scout is offering this run-down of how to perform some basic Soldier skills.

For a casualty, every second counts. From evaluating the individual's condition to controlling bleeding and preventing and treating shock, the basic Soldier buddy aid skills can save lives. That said, it's no surprise that vital first aid tasks are included during yearly common task training testing.

The first thing to be done with a casualty is the evaluation process (task number 081-831-1000). Evaluations are performed on any Soldier, in a tactical envi-

ronment, who is displaying signs of an injury. The goal of the evaluation is to determine what injuries the casualty has suffered so proper first aid can be given.

The first step of the evaluation process is to check for responsiveness. While gently shaking the casualty's shoulder, ask in a loud, but calm voice, "Are you okay." If there is no response, continue with the evaluation. If there is a response, the casualty can explain what hurts and aid in the first aid process.

The next step is to check for breathing. Place your cheek near the casualty's mouth and listen for breathing while watching to see if the chest rises and falls. Also, feel for breaths on your cheek. If the casualty is not breathing, you should call for medical help and begin first aid to restore breathing. If the casualty is breathing, move on to the third evaluation step.

Check for bleeding all over the casualty's body. Slide hands underneath the body to check for bleeding on the back side of the body. Look for spurts of blood or blood soaked clothes on the visible side of the body. Also, look



**Sgt. Ricardo Ortiz, Headquarters and Garrison, shoots at the opposition Feb. 10 at Huachuca Canyon.**

for entry or exit wounds. Check the head and abdomen as well for bleeding.

If there is bleeding of an extremity such as an arm or leg, there are first aid procedures that must be taken to keep the casualty from excessive blood loss (task number 081-831-1032). Before applying any sort of dressing to the wound, ensure there are no other life threatening injuries by completing your evaluation of the casualty.

When dressing the injury, put the white bandage side of the field dressing on top of the wound and wrap the olive drab tails around the bandage until no white is showing. Tie the ends of the tails in a non-slip knot on the outer edge of the dressing. Finally, elevate the wounded extremity.

If the bleeding does not slow or stop within the next 10 minutes or so, a pressure dressing should be applied. Any material that can be folded several times can be placed directly on top of the bandaged wound and strips of cloth can be used to secure it in place. This knot should be tied over the wound site for added pressure. The make shift dressing should be tightened to the point where only the tips of one or two fingers can be inserted between the field dressing and pressure dressing. If skin turns blue or becomes cold or numb, loosen the pressure dressing.

If there is no significant change in the blood flow after field dressing, elevation and pressure dress-



Photo by Spc. Joy Pariente

**Life saving skills are tasks included during common task training so Soldiers can attempt to stabilize a casualty until medics arrive.**



Photo by Spc. Creighton Holub

**Pfc. Amber Ridinger, Fort Huachuca Select Honor Guard, keeps an eye out for opposing forces at the beginning of the react to direct fire exercise. Her unit's quarterly common task training was Feb. 10 at Huachuca Canyon.**



# Training is basis of Soldier skills



Photo by Spc. Creighton Holub

**Headquarters Company, U.S. Army Garrison**  
**force during common task training**

ing, you might have to apply a tourniquet. A tourniquet is only used when all other measure haves failed and there is danger of a loss of life or limb. Tourniquets should only be applied to arm and leg injuries.

To make a tourniquet, use cloth or another pliable material to make a two or more inch wide band and tie in a half knot at the constriction site. Tie a rigid, stick-like object onto of the half knot with a full knot. By twisting the stick, blood flow to the injury will be cut off.

The tourniquet should be two to four inches above the wound and between the wound and the heart. The tourniquet should never be placed on a joint or on the wound. After applying the tourniquet do not loosen, adjust or remove the device and do not cover the tourniquet, leave it in plain sight. Mark the casualties head with a T and the date and time applied. Get medical help.

Next in the evaluation process is checking the casualty for shock, which can be deadly. Look for clammy and pale skin, restlessness or nervousness, thirst, confusion, fast breathing, nausea or vomiting and blotchy or bluish skin, especially around the mouth. If signs are noted, begin treatment immediately (task number 081-831-1005).

In the Army's tradition of acronyms, treatment for shock can be remembered by PELCRN. Position, Elevation, Loosen, Climatize, Reassure and Notify. The casualty should be positioned

on their back in a safe area with their legs elevated, unless they have a potential or un-splinted fracture or and abdominal or head injury. All tight clothing such as boots, belts and blouses should be loosened to allow for circulation. The casualty should be dressed or undressed for the climate. If it's cold, add a blanket to the casualty to keep them warm and if it's hot outside, battle dress uniform blouse may be removed or casualty can be misted with water to cool them off. Continuously reassure the casualty that everything is alright and notify the medical personnel of the situation.

Once shock has been handled, move on to checking the casualty for fractures. Look for bleeding, bruising, unusual body position and ask the casualty, if conscious, about pain or numbness anywhere. Bleeding or a bone sticking through the skin would signify an open fracture. Swelling, discoloration or deformity would signify a closed fracture. If casualty has an open or closed fracture, appropriate first aid can be given. If it is a neck or back injury, try to support the injury without moving the casualty around. Keep them from moving or being moved and get medical assistance.

Following checking for fractures is checking for burns. You should look for reddened, blistered or charred skin. Also, look for signed clothing and see if you can smell burning skin or clothing. If located, burns can be treated with appropriate first aid measures.

Finally, you check the casualty for head injuries. Look for signs of a head injury including unequal pupils, fluid coming from the ears, nose, mouth or injury site, slurred speech, confusion, sleepiness, loss of memory or consciousness, staggering walk, headache, dizziness, vomiting, paralysis or convulsions or twitches. Watch the casualty in case they need bleeding controlled, breathing restored or shock treated. Seek medical aid as soon as possible without interrupting treatment.

An easy way to remember the process for evaluating a casualty is with the memory aid "Really Bad Boys Should Find Better Hobbies;" responsiveness, breathing, bleeding, shock, fractures, burns and head injuries.

Soldiers learn these, along with a few other first aid measures in basic training as buddy aid, or first

aid to help save a fellow Soldier. These basic aid measures are taught to all Soldiers to increase the likelihood of a casualty surviving when medical help is not right near by.

First aid information taken from Training and Doctrine Command Pamphlet 600-4, The Initial Entry Training Soldiers Handbook.

## Buddy Rush

**S**pc. Albert Hill, hadn't been shot at in years. In fact, it had been more than four years since he'd practiced moving under fire, until his recent CTT.

Hill, a Headquarters and Headquarters Company, U.S. Army Garrison soldier had done little tactical training because his anti-nuclear, biological and chemical unit's mission and associated training came first.

Still, as a prior service Marine, he'd at least faced that challenge during his earlier recruit training.

"It brought back memories," Hill said.

The Soldiers started the exercise at a squad-sized level and worked in "battle buddy" teams once the opposition force began firing blank rounds at the Soldiers.

The first Soldier would call to his buddy to cover him with suppressive fire while he moves. The Soldier has about three to five sec-

onds to get up, run and drop to the ground in a prone position, preferably with any type of cover between him and the opponent. In a forest the cover the Soldier would look for is anything that might stop or deflect a bullet intended for him, such as big rocks, trees and even the Soldier's ruck sack. When training in an urban environment, Soldiers would look for cars, buildings, walls, sandbags and the Soldier's ruck sack could also be used.

The Soldier who just got back down then tells his partner that he is ready to do the same for him.

The process continues until the objective is completed or the training is halted.

Searching vehicles in a tactical environment

Soldiers are used to random vehicle searches at the post gates. But doing a vehicle search in a theater of war is slightly different.

"I'm used to one to two people doing vehicle searches," Hill said about random vehicle searches at the post gates. He learned to use about five Soldiers to properly search vehicles and secure the passengers in a tactical environment.

Soldiers should do a systematic search that includes at least the vehicle's interior, the engine compartment, external air breathers, the top of the vehicle, the battery compartment, the cargo compartment

and the undercarriage of the vehicle, according to Army Field Manual 3-19.30.

The Army is transforming initial entry training to incorporate this and other tasks before the Soldiers go onto their first duty stations. Last week's training event was the first time that Hill learned how to tactically search a vehicle.

"I never did training on searching vehicles," Hill said about his previous education.

Soldiers are instructed to have the driver, or a passenger, open the doors, the hood, the trunk and any containers like tool boxes so that in a worst case scenario, the Soldier has a shield in the form of a would-be terrorist. It also helps Soldiers identify problem areas on the vehicle if the driver skips part of it.

"If you've got to open something, the Soldier will never open it up," Hill said. "He'll have the passenger open it up in case it's a bomb."

The Soldiers can use field expedient tools like mirrors welded onto metal rods to examine the bottom of the vehicle. They need to thoroughly examine both inside and outside the vehicle for weapons or improvised explosive devices hidden by terrorists.

*(Editor's note: This is the first in a two part series on Common Task Training.)*



Photo by Spc. Creighton Holub

**Spc. Charles Othon, Headquarters and Headquarters Company, U.S. Army Garrison, looks for the enemy while practicing movement under direct fire last week in common task training.**



**STRESS**, from Page 3

lives," Henderson said.

The class is geared towards raising awareness of the need for stress management, Henderson said. Participants will learn how to evaluate their sources of stress and how to manage them. Class members will also be taught to recognize the physical and psychological symptoms of stress and distress, Henderson explained. "This program can help [military] individuals identify and control their stress, since the stress itself [military life] can't be eliminated," Henderson said.

"If stress is not managed well, it will become a burden and will raise havoc on a person's life," Henderson said.

Techniques will be discussed and information provided so individuals can create personalized stress management programs, Henderson said.

For more information or to sign up for the class, call Henderson at 533-6873 or ACS at 533-2330.

*Editor's note: Medical information compiled from www.WebMD.com.*

**INFO**, from Page 3

company in the United States that is allowed to install them.

The main purpose of the kiosk is to allow visitors to find a particular gravesite by entering in the first few initials of the person's name, said Michael Barber, cemetery administrator. The system will then show the section number, grave number and print out a map to the section, making finding an exact location relatively simple.

Information available on the computer will include background information on military funerals and traditions, such as the origins of "Taps," as well as the meaning of a 21-gun salute, Barber said. Such information will be useful for visitors that might not be well-acquainted with the military, he said.

Other information on the system in-

cludes the regulations on flower placement, the history of the cemetery, burial arrangement information and burial eligibility.

In the future, Barber said he hopes to have even more information available through the system, such as a brief account of some of the historically important individuals laid to rest there.

One of the advantages of the system is that there is no one staffed at the cemetery to answer questions that visitors frequently have. The kiosk will be able to answer at any time, at least some of the questions that a visitor might have. This will be particularly useful on the weekends when the Casualty Office isn't open.

Barber said he got the idea for the kiosk about two years ago when he first

saw it at the Southern Arizona Veterans' Memorial Cemetery.

"They have been very helpful because they gave me the points of contact to get started," Barber said.

He said it took some time to find the funding for the project, but that Col. Jonathan Hunter, U.S. Army Garrison commander and James Chambers, deputy garrison commander both thought it was a great idea and supported it.

Construction of the kiosk building cost \$22,500, and the computer system was \$29,022, which came from garrison funds. Barber said the VA allowed the use of a software package that was already developed, thereby saving Fort Huachuca a substantial amount of money.

**CHAPLAIN**, from Page 4

and expunged and that Plummer be issued an honorable discharge.

The Army Board for the Correction of Military Records reviewed the case. While it did not overturn the court martial, it concluded that racism extant at the time contributed to Plummer's treatment and the characterization of his service that led to the dismissal. The board determined Plummer deserved an honorable discharge to restore eq-

uity.

"He had honorable service to his country during the Civil War, and for 10 years in the 9th Cavalry," Schwartz said. "He was a conscientious and well-respected officer, and his post-service conduct as well as his patriotism and love of country was taken into account."

Plummer's descendants will receive his honorable discharge certificate this week.

# Ultimate sacrifice paid in support of OIF

**Capt. Sean L. Brock**, 29, of Redondo Beach, Calif., died Feb. 2 from wounds received as a result of hostile action in Al Anbar Province, Iraq. He was assigned to Headquarters Battalion, Marine Corps Base Camp Butler, Okinawa, Japan.

**Lance Cpl. Richard C. Clifton**, 19, of Milford, Del., died Feb. 3 as a result of hostile action in Al Anbar Province. He was assigned to 2nd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Marine Corps Base Camp Pendleton, Calif.

**Staff Sgt. Steven G. Bayow**, 42, from Colonia Yap, Federated States of Micronesia, died February 4 in Bayji, Iraq, when an improvised explosive device hit his vehicle. Bayow was assigned to the 2d Battalion, 7th Infantry Regiment, 3rd Infantry Division, Fort Stewart, Ga.

**Sgt. Daniel Torres**, 23, from Fort Worth, Texas, died February 4 in Bayji when an improvised explosive device hit his vehicle. Torres was assigned to the 2d Battalion, 7th Infantry Regiment, 3rd Infantry Division, Fort Stewart, Ga.

**Lance Cpl. Travis M. Wichlacz**, 22, of West Bend, Wis., died Feb. 5 as a result of hostile action in Babil Province. He was assigned to Marine Forces Reserve's 2nd Battalion, 24th Marine Regiment, 4th Marine Division, Milwaukee, Wis.

**Spc. Jeremy O. Allmon**, 22, of Cleburne, Texas, died Feb. 6 in Taji, Iraq, when an improvised explosive device detonated near his military vehicle. Allmon was

assigned to the 3rd Battalion, 8th Cavalry Regiment, 1st Cavalry Division, Fort Hood, Texas.

**Staff Sgt. Zachary R. Wobler**, 24, of Ottawa, Ohio, died Feb. 6 in Mosul, Iraq, when his dismounted patrol encountered enemy forces using small arms fire. Wobler was assigned to the Army's 2nd Battalion, 325th Airborne Infantry Regiment, 82nd Airborne Division, Fort Bragg, N.C.

**Spc. Richard M. Crane**, 25, of Independence, Mo., died Feb. 8, in Kandahar, Afghanistan, of non-combat related injuries. Crane was assigned to the Army Reserve's 325th Field Hospital, Independence, Mo.

**Sgt. Jessica M. Housby**, 23, of Rock Island, Ill., died Feb. 9 in Route Golden, Iraq, when an improvised explosive device detonated near her convoy. Housby was assigned to the Army National Guard's 1644th Transportation Company, Rock Falls, Ill.

**Staff Sgt. William T. Robbins**, 31, of North Little Rock, Ark., died Feb. 10 in Taji, of non-combat related injuries. Robbins was assigned to the Army National Guard's 39th Infantry Brigade, Little Rock, Ark.

**Staff Sgt. Kristopher L. Shepherd**, 26, of Lynchburg, Va., died Feb. 11 in Baghdad, Iraq, when an improvised explosive device detonated during clearing operations. Shepherd was assigned to the 767th Ordnance Company, 63rd Ordnance Battalion, 52nd Ordnance Group, Fort McNair, Washington, D.C.

**Spc. Robert A. McNail**, 30, of Meridian, Miss., died

Feb. 11 in Iskandariyah, Iraq, when his HMMVW struck another military vehicle. McNail was assigned to the Army National Guard's 150th Combat Engineer Battalion, 155th Brigade Combat Team, Quitman, Miss.

**Staff Sgt. Ray Rangel**, 29, of San Antonio, Texas, died Feb. 13 while performing a canal rescue mission in Balad, Iraq. Rangel was assigned to the 7th Civil Engineering Squadron, Dyess Air Force Base, Texas.





# Armed Forces Boxing starts tonight

The 2005 Armed Forces Boxing Championships are underway at Barnes Field House. Doors open at 6 p.m., and the bouts start at 7 p.m., tonight. Championship Night, Saturday, doors open at 5 p.m. and bouts start at 7 p.m.

The best boxers from each branch of the military, including the Army, Marines, Navy and Air Force are competing in the Armed Forces Championships. The winners

in this competition will be eligible to advance to the 2005 CISM (Military World Boxing Championships) to be held in July in Pretoria, South Africa.

Admission to Armed Forces Boxing is free to all active duty military personnel.

Tickets for the general public are on sale at the door only before each night's competition.

General seating tickets are \$5 for tonight. For Saturday, championship night, the cost is \$8.

Children 8 and under will be admitted free.

For more information, call 533-5031.

## Special hours at BFH during boxing

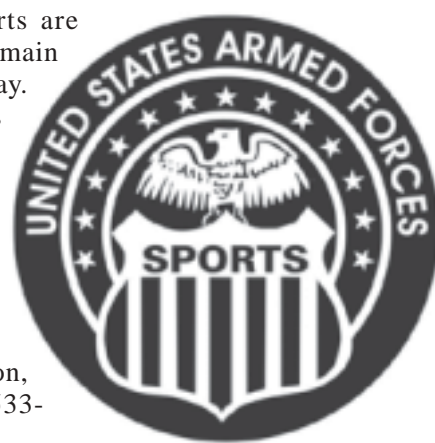
Barnes Field House is open the following days and hours during the Armed Forces Boxing Championships: 5 a.m. to 2 p.m., today and 8 a.m. to 2 p.m., Saturday.

The basketball courts are now closed and will remain closed until 8 a.m., Sunday.

The cardio/fitness room is open the same hours as BFH, during the boxing tournament.

The volleyball court is now closed and will remain closed until 8 a.m., Sunday.

For more information, call Richard Silva at 533-2022.



## Time Out open President's Day weekend

Time Out will be open the following dates and hours for a President's Day weekend celebration: 5 p.m. - midnight, today, for wind-down to the weekend; 9 p.m. - 4 a.m., tomorrow, with Hip Hop music by DJ Slim and free munchies; 9 p.m. - 4 a.m., Saturday, featuring Latin mix music with free munchies; and 9 p.m. - 4 a.m., Sunday, with a mix of all kinds of music and free munchies.

Admission is free tonight. The regular cover charge of \$4 will apply Friday and Saturday, but admission will be half-price for everyone who arrives before midnight those two nights. The cover charge for Sunday will be \$2 all night.

## Sale at Sportsman's Center

The Sportsman's Center is offering 10 percent off all merchandise, including guns, ammunition, wild game calls, cleaning kits, and all other items in the pro shop. The sale will continue until all merchandise has been sold. For more information, call Mick Gue at 533-7085.

## Special hours at Eifler President's Day

Eifler Fitness Center will be open 8 a.m. - 5 p.m., Monday, President's Day.

For more information, call Lisa Franklin at 533-4723.

## Buffalo Corral open President's Day

Buffalo Corral will offer open riding 9 a.m. - 4 p.m., Monday, President's Day.

For more information, call the Corral at 533-5220.

## Right Arm Night at TMAC

The Thunder Mountain Activity Centre will host the next CGs' Right Arm Night, beginning at 4 p.m., Feb. 25. This a great opportunity to relax and socialize. Pay-as-you-go beverages and finger foods will be available. Call 533-7322 for more information.

## Free admission to theme parks

Anheuser-Busch presents "Here's to the Heroes," now - Dec. 31. The program is a salute to the men and women of our armed forces and their families. Members of the military and as many as three direct dependents may enter Anheuser-

Busch's SeaWorld, Busch Gardens or Sesame Place parks free of charge.

The SeaWorld parks are located at Orlando, Fla., San Diego, Calif., and San Antonio, Texas. Busch Gardens parks are located at Williamsburg, Va. and Tampa Bay, Fla. Sesame Place is a pre-school park, located in Bucks County, Pa.

Stop in at MWR Box Office for more details on this exciting free offer for members of the military and their families.

The 17th Annual Arizona Renaissance Festival and is being held weekends, now through Mar. 27, and Monday, President's Day, at Apache Junction, Ariz. Gates open at 10 a.m. and close at 6 p.m.

The Renaissance Festival is a medieval amusement park, a 12-stage theater, a 30-acre circus, an arts and crafts fair, a jousting tournament and feast, all rolled into one non-stop adventure. Save by purchasing discounted tickets for this event at the MWR Box Office.

MWR Box Office also has tickets for events scheduled at the Tucson Convention Center including: tomorrow - Feb. 27, "Living Out; Sunday, "The 6th Annual Sunday Nite Slow Jams LIVE!" Feb. 25, "The Marijuana Logues," a live comedy show starring Tommy Chong; Mar. 4 - 6, U.S. Hot Rod Monster Jam; and Mar. 5, BB King in concert.

TCC event tickets may be purchased 10 a.m. - 4 p.m., Mon. - Fri. only.

Call 533-2404 for more information or drop by the MWR Box Office located in Bldg. 52008 on Arizona Street, across from the Commissary. They're open Monday - Friday, 9 a.m. - 5 p.m.

## Little League baseball registration

Registration for the Fort Huachuca Youth Sports Little League baseball program is now in progress and will continue through Mar. 18. Youth wishing to participate can sign up at either the Youth Center or Murr Community Center.

Those registering should bring their birth certificate and a current sports physical.

The program is open to youth ages 5 - 15, whose parents are active duty or retired military, Department of the Army civilians, Nonappropriated Fund employees or contractor employees. Youth must also be members of Child and Youth Services. For CYS registration, call 533-0738.

Cost of the program is \$35 for the first child; \$30 for the

second child; and \$25 for the third child in the same family.

Coaches are needed for all age groups. For more information, call the Youth Sports Office at 533-8168 or 533-3205. Opening day for the Little League baseball program is tentatively scheduled for April 16.

## AFAP conferences seek volunteers

Fort Huachuca teens have a chance to make a difference by becoming a part of the Teen Army Family Action Plan Conference, to be held Feb. 26 at the Youth Services Building, Cushing Street.

Issue boxes for the Teen AFAP Conference have been distributed and delegate volunteers are needed now. Teen delegate training will be conducted at 6 p.m., Feb. 24 at Murr Community Center.

For information, call 533-3027 or 533-3686.

The AFAP Conference will be held Mar. 1 - 3 at the NCO Academy, Ice Hall, Fort Huachuca.

AFAP issue boxes have been distributed throughout the post, and forms are available at these boxes. Everyone is encouraged to participate by completing one of these forms.

Volunteers are needed as delegates, in hospitality and other areas for the conference. Delegate training for the AFAP Conference will be conducted today, Tuesday, Wednesday and Feb. 24 at Murr Community Center. AFAP training lasts approximately one and one-half hours. Volunteers can choose which day they want to complete the training.

If you are interested in making a difference, plan now to participate in one of the AFAP conferences. Call Cheryl Patterson at 533-3686 to volunteer or for more information.

## Spring Festival vendor apps available

Vendor applications are now available for the 2005 Spring Festival, to be held April 29, 30 and May 1 at the R.L. Anderson Special Events Park, Fort Huachuca. The festival is open to the public.

Family readiness groups, private organizations, food, craft and other vendors are encouraged to take part in this money-making opportunity.

Applications can be picked up at Barnes Field House, and must be postmarked before April 8. Call Karlie Jo Hale at 533-3858 or 266-0253 for more information.



## Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com).

# The Scout TimeOut



## Movies

Racing Stripes plays at 7 p.m. Friday and 2 p.m. Sunday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

## Campbell beats Beckstead to determine championship

BY SPC. CREIGHTON HOLUB  
SCOUT STAFF

Sometimes you can try too hard. Kevin Campbell and Joel Beckstead were fighting it out for the post racquetball championship. The score was tied at 11 all when Campbell seized an opening driving a shot far from his opponent.

Beckstead dived for the ball hitting the floor a moment too late. The miss – or the hard landing – seemed to linger. Campbell scored three of

the next five points to win the match.

The victory proved monumental for Joint Interoperability Test Command team number three as they beat off Medical Activities Command team number one for the commander's cup racquetball championship Friday at Barnes Field House.

Campbell's win was the second of two straight victories for his team as the first match went to Larry Crawmer over Allyn Nock, 15-14, 15-4.

Larry Crawmer, Beth Crawmer and Clint Imholte teamed up with Campbell, their player/coach, to knock off their MEDDAC opponents, Beckstead, Tom Grant, Robert Lake, Nock, their player/coach, in two matches.

"We knew coming in that we wanted at least second place," Beckstead said. "Then we would see what we could do."

Larry Crawmer and Nock duked it out in the first match adopting different styles of play. Crawmer relied on powerful drive serves that went low and fast while Nock resorted to slower, higher lob serves that slowed the pace of the game.

It was Nock's athleticism that kept the match close as his ability to cover the court kept him in points. Crawmer's power should have kept him out of.

"I love to dive, but I shouldn't have to," Nock said. "Unless I'm buried in the ground, I'm going for the ball."

Nock's speed countered Crawmer's low serves and he was able to build a 12-10 lead.

"I like fast paced drive serves," Nock said. "I'm not a finesse player."

Crawmer answered by forcing the game to slow down to a crawl



Photos by Elizabeth Davie

**Larry Crawmer of JITC was part of the champion racquetball team. The championships were held Friday night at Barnes Field House.**

that allowed him to gain control en route to a 15-14 victory.

"I set a pace that is comfortable for me," said Crawmer, who learned the game from his wife, Beth 20

years ago. "You don't rush into a serve; you focus on what you want to do."

See BALL, Page 29



**Kevin Campbell of JITC won the final game for his team to be named the Commander's Cup racquetball championship winners.**

## Company C 304th upset by HHC, 40th Signal

SPC. MARCUS BUTLER  
SCOUT STAFF

The number one ranked teamed in intramural basketball, C. Co. 304th Military Intelligence, was dealt their first loss by the number eight seed, HHC, 40th Signal. Throughout this entire season, C. Co. 304th has dominated every opponent they have faced, averaging a little more than 60 points per game.

Minus two of their starters, Brian Tonkavieh and Anthony Williams, C. Co. 304th came out a bit lackluster to begin the game. After losing the opening tip, C. Co. 304th struggled to score in the first five minutes of the game. Taking advantage, 40th Signal gave the unbeaten

C. Co. 305th all they could handle.

Seven minutes into the game, C. Co. 304th's scoring drought worsened just as 40th Signal went on a scoring tear, out scoring C. Co. 304th 9 – 0 to end the half. By then 40th Signal was leading 24 – 13.

The now-vulnerable C. Co. 304th, came out in the second half determined to put the low-scoring start behind them. Instead, they only managed to unravel further. The team continued to struggle on both offense and defense not being able to stop the onslaught of 40th Signal.

At the same time, their opponents continued to gain momentum, tightening their grip on the game. 40th Signal began to score virtually unchallenged building a 14

point lead in the process. The challengers seemed to have the game well in hand with a little over a minute left to play.

Seeing the game slipping away, C. Co. 304th, finally seemed to come to life scoring six unanswered points and cutting the lead to eight in less than 30 seconds. But this surge was too little too late.

With two crucial turnovers, C. Co. 304th sealed their fate as 40th Signal capitalized by hitting a pair of three pointers returning their lead to 14. That's where the score stayed as the shot clock ran on and 40th did the impossible, by ending Company C 304th's unbeaten streak. The final score was 39 – 25. 40th Signal's record stands at 6 – 4, and C. Co. 304th falls to 11 – 1.



Photo by Spc. Marcus Butler

**Matthew Brunson, HHC, 40th Signal Company, goes up for a lay-up drawing the foul on Gavin McGrehan.**



# Arizona Tourist Lets get ready to rodeo

BY ELIZABETH DAVIE  
SCOUT STAFF

Welcome to the wild wild west. Arizona is said to be the place where rodeo originated in 1864 and it's still alive and kicking today.

The sport of rodeo has been a tradition in the United States since the cowboys of the American West began pushing herds of cattle across this country. According to [www.newrider.com](http://www.newrider.com) this is where the origins of rodeo come from. It has been said that there was very little to do besides hard work with the cattle and horses, so the men would often get together and compete with each other in the skills that they practiced every day on their jobs.

The tradition still holds true but has branched out to include other events. It is also recognized as a professional sport. Cowboys and cowgirls can win up to \$100,000 a year and more.

Today rodeo consists of two types of events, rough stock and timed events.

In the rough stock events, bareback riding, saddle bronc riding and bull riding, the contestant's scores depend equally on their performance as well as that of the animals. To earn a qualifying ride the contestant must ride the bucking bull or bronc using one hand to hold on for 8 seconds. If the rider touches the animal, himself or any of his equipment with his free hand, he is disqualified. A total of 100 points is possible for a rough stock ride.

Two judges score the contestant from 0



to 25 points for how well he rides and they also give the bronc or bull a score from 0 to 25 points for how well they buck. The harder the animal bucks, the higher the contestant's overall score. The judges' points are combined for the overall score. There has been only one 100 point bull ride in the history of rodeo. That record ride was made by Wade Leslie on Oct. 26, 1991 in Central Point Oregon.

The second category of competition is the timed events.

Timed events include steer wrestling, team roping, tie-down roping, barrel racing and steer roping. In these events contestants race the clock to see who can complete the

events fastest.

The objective of a steer wrestler, who is also known as a "bulldogger," is to use strength and skill to wrestle a steer to the ground as quickly as possible. The steer is given a head start; when it reaches a predetermined point the contestant can start after it on horseback. Once the cowboy reaches the steer, he slides down and off the right side of his galloping horse, hooks his right arm around the steer's right horn, grabs the left horn with his left hand and wrestles it to the ground. His work isn't complete until the steer is on its side with all four feet pointing the same direction.

Team roping, the only true team event, requires close cooperation and timing between two skilled ropers — a header and a heeler — and their horses. The object of this event is to be the fastest team to rope both the head and heel of a steer. The header ropes first and must make one of three legal catches on the steer — around both horns, around one horn and the head or around the neck. Any other catch by the header is considered illegal and the team is disqualified. The heeler then tries to rope both hind legs. If he catches only one foot; the team is assessed a five-second penalty. The clock doesn't stop until after the cowboys catch the steer, their ropes are taut and their horses face one another.

Tie-down/steer roping is another timed event where a contestant must rope a running calf or steer on horseback, dismount, flip the animal over and tie three of its legs together. Once the animal is tied the clock stops. The contestant can still get a no time after all of this is completed, because the animal must remain tied for 6 seconds, if it kicks free before then, no time is awarded.

Barrel Racing is a simplistic event; the horse is ridden as quickly as possible around a cloverleaf course of three barrels. If a barrel is tipped over during the run a 5-second penalty is added to the overall time.

Catch some rodeo action Feb. 19-27 at the La Fiesta De Los Vaqueros (aka the Tucson Rodeo). This rodeo is an 80-year tradition. The first Tucson Rodeo was held in the middle of Prohibition in 1925. The event continued to grow and the rodeo arena and grounds were continually enlarged and local hotels were, and still are, booked solid during rodeo season. The arena at the Tucson Rodeo Grounds now seats 11,000 spectators.

It all starts Feb. 19 with professional bull riding and a concert. Feb 20-23 will be the slack completion. Feb. 24 is the annual rodeo parade. Each year, more than 200,000 people enjoy the western-themed



**Calf roping is a timed event in which the contestant must rope and tie the calf as quickly as possible.**

floats, horse-drawn coaches, Mexican folk dancers, marching bands and outfitted riders. The route begins at Park Avenue and Ajo Way, continues south to Irvington Road, then heads west on Irvington Road to South 6th Avenue. Grandstands for viewing are located on Irvington at South 6th Avenue. Grandstand tickets are \$6 for adults and \$4 for children 12 and under. Viewing along both sides of the route is available at no charge.

The rodeo continues through the 27th with junior rodeo starting at 1 p.m. and professional competition starting at 2 p.m. each day.

Tickets for the rodeo range in price from \$10 to \$19. For more information visit [www.tucsonrodeo.com](http://www.tucsonrodeo.com).

Other rodeo coming to Arizona include: Goodyear Rodeo Days Feb. 25-27 at Estrella Mountain Regional Park Arena. For more information, call 623-932-2260 or visit <http://www.southwestvalleychamber.org/rodeo.html>, Prescott Frontier Days 2005 June 29- July 4 at the Rodeo Grounds in Prescott, Ariz. For more information, call 928-445-3103 or visit [www.worldsoldestrodeo.com](http://www.worldsoldestrodeo.com), 121st Annual World's Oldest Continuous Rodeo Aug. 19-21 at the Payson Multi-Event Center in Payson, Ariz. For more information, call 928-474-4515 or visit [www.rimcountrychamber.com/rodeoPageN.htm](http://www.rimcountrychamber.com/rodeoPageN.htm).



Photos by Elizabeth Davie

**Bronc riding is a popular rough stock event. The contestant and bronc are both scored to determine the final score.**

# Fit for Life

## Preparing physically for Spring outdoors

BY GEORGE R. COLFER, PH.D.  
CONTRIBUTING WRITER

It is the middle of February already and the Arizona spring is right around the corner. It has been a cold winter this year and typically many people who exercise or play sports outdoors either stop, cut back or exercise indoors from November to March. Regardless of whichever category fits you, it is time now to prepare for resuming activity outdoors. Even if you are a hard-core runner, cyclist or hiker, etc. and have been outdoors whenever possible this winter, some adjustments will still be needed to alleviate monotony. It is difficult to maintain year-round training without some type of change.

Outdoor aerobic activities are superior in about all aspects of exercise as compared to indoor training. This also includes the motivational and aesthetic experiences outdoor training provides. For seasonal outdoor sports participation, it is time to prepare for play. Depending upon what your needs and sport choices are, several different approaches and training systems are available. However, the two components everyone needs are to build a foundation for muscular strength and to improve one's aerobic capacity.

**STRENGTH TRAINING** - If you haven't been performing strength exercises over the winter, it's not too late to start. The first consideration should be a well-rounded basic program to increase total body strength. Primary areas would include the legs, upper and lower back,

shoulders and chest. It is very important to balance out the different areas of the body. For example, to concentrate only on the chest and shoulders without equal emphasis being given to the back would be self defeating. Also, at this point in training, single joint exercises such as the arm curl (elbow/biceps) should not be of prime concern as they won't do much to increase overall strength levels or improve athletic performance. Another important point is to balance the workload between opposite muscle groups. Volume is normally expressed in the total number of pounds lifted for each exercise. This is figured by multiplying the amount of weight lifted by the number of repetitions and adding together the number of sets performed.

EXAMPLE: Set #1 = 100# X 10 reps = 1000#; Set #2 = 120# X 9 reps = 1080#; Set #3 = 140# X 8 reps = 1120#. Total exercise volume is 3200#.

Some suggested multiple joint exercises are as follows:

**CHEST** - bench press, incline press, dumbbell bench press, dumbbell incline press and bar dips

**UPPER BACK** - bent over rowing, shoulder shrug, latissimus pulldown: wide to narrow grip and behind the neck, pull-up, chin-up, cable and dumbbell row

**SHOULDER** -military press, seated press, dumbbell press, press behind neck, upright rowing

**LOW BACK** - DEAD LIFT, STRADDLE LIFT, POWER CLEAN

**LEGS** - parallel squat, front squat, dumbbell walking lunges, leg press

**CORE STRENGTH** - abdominal curl,

crunch, sit-ups, side bends, bank twist, the plank

A basic or foundation program would consist of one to two exercises from each group performed 2 or 3 times weekly starting with 2 or 3 sets of 8 to 12 repetitions per exercise. At this stage, the weight load should present a challenge on the last 2 or 3 reps, but not maximum effort. Remember, you are laying the foundation for muscular strength to aid your subsequent outdoor training and sports participation. Once you are primarily outdoors, your strength program will gradually switch to maintenance. Some modifications may then be necessary including the use of some single joint exercises.

**BUILDING AEROBIC CAPACITY** - If you have been inactive over the winter, the best way to start is with about 10-15 minutes of sustained activity using the cardiovascular fitness (CVF) mode of your choice and gradually work up to 45-60 minutes performed 3 or 4 times weekly. CVF modes are those that use large muscle activity causing the heart to pump large quantities of blood which makes more oxygen available to the muscles during exercise. Activities such as running, cycling, swimming, brisk walking, hiking and CVF machines are the more common modes to develop aerobic capacity. The term "aerobic" means with oxygen in contrast to "anaerobic" which creates oxygen debt. Different sports and fitness activities have different CVF needs. They generally fall into four categories. However, all categories will benefit from a strong aerobic capacity first.

ity first.

1. **AEROBIC** - Activity that is sustained for long time periods with varying intensities, but not reaching oxygen debt. EXAMPLES - cross-country running, road cycling, cross-country skiing, distance swimming, sustained hiking. Few sports fall into this category.

2. **AEROBIC/ANAEROBIC** - Sustained activity that requires short bursts of high energy output approaching oxygen debt. EXAMPLES : soccer, basketball, boxing, wrestling, hockey, mountain biking, middle distance in running cycling and swimming, speed hiking

3. **ANAEROBIC/AEROBIC** - Activity that requires bouts of high energy output with some recovery necessary, oxygen debt can occur. EXAMPLES - football, volleyball, tennis, moderate weight lifting, track events such as 400m, 400 I hurdles, short distance swim events

4. **ANAEROBIC** - All-out effort creating oxygen debt. Maximum effort output that can last from about 5 to 30 seconds and requires a recovery period. EXAMPLES - power weight lifting, olympic weight lifting, field events, all types of sprints

Aerobic and anaerobic activities utilize different energy systems. The aerobic-energy system is dominant in long-distance activity (#1 above) and decreases in #2 and #3. The anaerobic-energy system is completely dominant in #4. As the anaerobic-energy system is called for, the type of training has to meet that need. While longer, slower distance training is

See **FITNESS**, Page 29



## Arizona hunter safety class

Classes will be held Today, Tuesday and Feb. 24 and 25th from 6-9pm and the field day Feb. 26 from 8-12 noon. Attendance at all classes is mandatory. Location is the Sheriff's Department Classroom at the corner of South Highway 92 and Foothills Drive. Cost is \$5 per person and pre-registration is required. For information or to registration, call 459-0607.

## Softball Clinic

A clinic for all registered Sierra Vista Ponytail players will be held from 9 a.m. – noon on Saturday at Domingo Paiz Softball Fields 1 and 2.

The clinic will teach and reinforce the best fundamentals. Coaches are encouraged to observe.

The tentative schedule is as follows:

9 – 10 a.m. Pitching

10 – 11 a.m. Throwing, fielding and sliding

11 – noon Hitting

The cost of the clinic is \$25 for all three hours, including the hour of pitching instruction or \$20 for two hours, no pitching instruction.

For more information, call 378-6236 or 378-2024.

## Coaches' meeting for intramural soccer

The coaches' meeting for the 2005 Commander's Cup Intramural Soccer Program will be held at 10 a.m., Tuesday, at Barnes Field House.

All letters of intent for units wanting to enter a team are due at that time. Letters should include: coach's name, duty phone and e-mail address,

Team rosters are due by March 3. The season begins March 7 at Brock and Bujalski Fields. Games will be played at 6, 7 and 8 p.m., Monday through Thursday.

This is a recreational program, open to all authorized MWR patrons.

For more information, call Tom Lumley at 533-5031 or e-mail [thomas.lumley@hua.army.mil](mailto:thomas.lumley@hua.army.mil).

## Train the trainer course

The Command and General Staff College will offer a Leadership Education and Development Train-The-Trainer Course May 8 – 20 and July 17 - 29. Apply for the May class by submitting an application to C&GSC by March 1. For the July date, applications must be submitted to C&GSC by May 1. Please provide a copy of your application (DD Form 1556) to R.M. Henderson, Training Officer, 533-2570/DSN 821-2570, fax 533-2516, e-mail [rufus.henderson@hua.army.mil](mailto:rufus.henderson@hua.army.mil), if you apply directly to C&GSC.

You may review the Class Schedule and Course Description at [http://www-cgsc.army.mil/cal/cltd/CLTD\\_courses/leadttt.asp](http://www-cgsc.army.mil/cal/cltd/CLTD_courses/leadttt.asp) at the Center for Army Leadership, Command and General Staff College Web site. You must submit a separate DD Form 1556 for each course date you are interested in.

For more information, call R.M. Henderson at 533-2516.

## Free amusement park admission

The "Heroes Salute" program is offering free single-day admission to SeaWorld and Busch Gardens parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as three direct dependents beginning Feb. 7 through Dec. 31. Servicemembers need only register, either online at <http://www.herosalute.com/> or in the entrance plaza of participating parks, and show a Department of Defense photo ID.

## Recruiting volunteers

Coronado National Memorial is currently seeking volunteers for the Spring Environmental Education programs.

The popular hands-on program and activities are provided to 4th grade students from Sierra Vista, Bisbee and surrounding area schools. The curriculum primarily focuses on the cultural and natural re-

sources significant to the memorial. The program will take place at the memorial's picnic grounds 9 a.m. – noon each Friday March through May. For more information, call Maggi Daly at 366-5515.

## FHCSC Scholarship

The Fort Huachuca Community Spouses' Club is offering scholarships to graduating high school seniors and adults in continuing education. Eligibility is limited to children of DoD civilians assigned to Fort Huachuca, to natural born or legally adopted children of active duty U. S. military members, to children of deceased military while on active duty or of retired military living in Cochise County. Adults continuing their education must be spouses of U. S. civilians assigned to Fort Huachuca. Also included are dependent children, of the above mentioned, until their 23rd birthday.

Scholarships for high school seniors are available now through the counselor's office at participating high schools. Eligible seniors and adults may also pick up applications at the Post Library, the Sierra Vista Public Library, the Fort Huachuca Education Center, and the financial aid offices of Cochise College and the University of Arizona South campus in Sierra Vista.

The deadline for submitting scholarship applications is March, 18 and should be mailed to the FHCSC, PO Box 12202, Fort Huachuca, AZ 85670. For more information or additional scholarship applications, call 439-4402.

## eArmyU

Electronic Army University is now available to enlisted Soldiers. Soldiers can begin or complete their college degree taking online courses. Two different options available. For more information, call the eArmyU representative at 533-1019 or a counselor at 533-3010.



## Pets Of The Week



**Bear is a white 20-month-old neutered male Samoyed.**



**Sammy is a tan 12-month-old neutered male Chow mix.**

**These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forthuachucapetfinder.com](http://forthuachucapetfinder.com). In accordance with Army regulation stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.**

## At The Movies

Showing at the Cochise Theater for the next week are:

### Today -7 p.m.

White Noise  
PG-13

### Friday -7 p.m.

Racing Stripes  
PG

### Saturday -7 p.m.

Elektra  
PG-13

### Sunday -2 p.m.

Racing Stripes  
PG

### Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

## Watch CAC

For the latest news in the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day. The Fort Report airs weekdays at 6 a.m., noon, 6 p.m. and 10 p.m. Army NewsWatch follows at 6:05 a.m., 12:05 p.m., 6:05 p.m. and 10:05 p.m. Catch Air Force TV News right after at 7 a.m., 1 p.m., 7 p.m. and 11 p.m. Be sure to top it all off with Navy/Marine Corps News at 7:30 a.m., 1:30 p.m., 7:30 p.m. and 11:30 p.m.

If you're interested in posting your message on the Commander's Channel, e-mail your request to [channel97@hua.army.mil](mailto:channel97@hua.army.mil).



BALL, from Page 23

In the second game, Nock used a deadly backhand to seize an early 3-2 lead. His superiority however proved an illusion. Crawmer took control of the battle and shut down Nock to the tune of a 15-4 victory.

The second match was do-or-die for team MEDDAC. With the first match of the best-of-three championship in JITC’s win column, Beckstead would have to defeat Campbell.

Both players fired low, fast serves at each other in a frantic attempt to beat their opponent down.

“It’s at a whole different level,” Beckstead said describing the championship bout.

Beckstead started with a fast drive serve, but unlike

Crawmer, Campbell’s style of play was fast and low. Campbell’s experience helped him control the center of the court, which was his key to winning.

The first game ended with Campbell in control. He won 15-8.

The second game hung on that missed shot.

“You need to control the game to benefit your strengths,” Campbell said. “I just kept the ball alive.”

The battle of wills almost turned into a question of endurance.

“If we would have went into that third game, he would have owned me,” Campbell said about winning the final game. “I was out of gas.”

FITNESS, from Page 25

excellent for fitness and aerobic activities, forms of interval training at a higher intensity are necessary for anaerobic tasks as well as specific sport skill training.

If you have a good level of CVF and kept aerobic base training over the winter, here are some suggestions to jump start your training outdoors and improve anaerobic capacity.

1. For category #1, use long intervals of 3 to 5 minutes (run, bike, swim) at moderate intensity, followed by the same time of active recovery (walk/jog, easy spin, slow swim).

Start with 3 and work up to 8 intervals per session twice weekly.

2. For category #2 use intervals of 1 to 3 minutes at 80% intensity, followed by an active recovery of twice the interval time covered. Start with 4 and work up to 8 intervals per session twice weekly.

3. For category #3, use intervals of 30 seconds to 2 minutes at 85% to 90% intensity, followed by an active recovery of twice the interval time covered. Start with 4 and work up to 8 intervals per session three times weekly.

4. For category #4, use intervals of 30 seconds to 60 seconds at high intensity (90%+). Sprinting is the best mode. Use a double recovery time. Start with 4 and work up to 10 intervals per session three times weekly. Circuit strength training also improves anaerobic capacity.

Three points to keep in mind: a. Don’t rush spring! b. Don’t over train on the first few good outdoor days and c. Allow recovery time and rest when needed.

Army boxer goes different route

SCOUTREPORTS

Sometimes you have to do things the hard way.

Relegated to a third place finish during the All Army Boxing Tournament here a few weeks ago, Nathaniel Hicks of Company C, 86th Sig. knew he wouldn’t be able to compete in this week’s Armed Forces Boxing Tournament. Instead, if he wanted his boxing career to advance, he had to follow a different route.

That route brought him to a small gym in Phoenix Saturday night where he participated in a competition between Arizona and a San Bernadino, Calif., boxing team.

“Hicks training at higher elevation proved better,” said his coach Tenishea Portela. “His opponent started to tire out in the fourth (and) last round. Hicks showed his opponent that his offense would be the best defense that a boxer needs.”

The fight was one of 25 held that evening. Portela hopes to Shepard his fighter through Golden Gloves competition and used this match as to help prepare Hicks for civilian competition.

Team Hicks will be fighting again Saturday night in the Four Corners Amateur Boxing Competition in Chinle, Ariz..